

Health Pacing Guide:

Week	Competence/Objective
Week 1	2, 3, 4, 5; Intro to Health (5 days)
Week 2	2, 3, 4, 5; What is Health, Making health choices, Decision making model (5 days)
Week 3	1, 3, 4, 6; Self-esteem, Mental health (Maslow) (4 days) & Safety (home, weather, wheels, etc...) (1 day)
Week 4	3; Safety & First aid (CPR & wound care) (5 days)
Week 5	3; First aid – common emergencies (poison, shock, & bleeding) (2 days) 1, 2, 3, 7; Non-communicable diseases (3 days)
Week 6	1, 2, 3, 7; Non-communicable diseases (4 days) 1-7; Reproduction & communicable diseases (HIV, STD's) (1 day)

Health Pacing Guide

J Elliott



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